TOPICS OF INTEREST TO EVERY WOMAN

EDITED BY JULIA CHANDLER MANZ

The Grim, Tireless Hand Of Rebellious Nerves

It is appalling, the number of people, for they are not all women by any means, who are dropping out of effective working harness at the urgent call of "nervea."

They go on, day after day outs.

ing harness at the urgent call of "nervea."
They go on, day after day, quite conscious that something is wrong, knowing that they are not measuring up to their usual standard of efficiency, a bit tired, rather worled and never quite themselves.

They cannot stop to rest, cannot take time to figure it out, because of their work, they say. The big world invites and they want to relax, but a grim, tiredless hand is at the helm, and it is not less hand is at the helm, and it is not willing to let them stop. They think everything would go to pieces if they paused for a bit of play and a bit of phay and a bit of healing relaxation, so they keep up to the wearisome call of "must."

Then something happens. Something hitherto strong and dependable gives away and they are left to the untender mercies of nerves, which can grow very rebellious when they are long and con-

mercies of nerves, which can grow very rebellious when they are long and con-

And then—
It is strange, when once it dawns upon folk that their working strength is sapped, how much they can do to coax it back! Strange that many of the things that seemed so far away, so impossible of achievement, suddenly grow nearer and quite within reach, when they find that the question of rest is no longer

Then, too, they start out for the long walks they ought to have taken years and years before. They look up friends almost forgotten in the crush of cares, and try their nervous, uncertain best to make themselves believe that all will soon be well. They turn to amusements, but somehow they are not in tune, for

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are stretched to the breaking point, they do not easily take up their duties again. Question of Money.

Generally, when the last analysis is quarter of an i made, back of the reluctance to stop or five persons. stands the eternal question of money. When vacation season is over, some times before it has begun, the average person feels that he really cannot af-

that the question of rest is no longer one of expediency, but of plain, blunt necessity.

Then, if they have any funds at all, they pack their grip and hurriedly, esgerly run away, for they are very anxious to get on their own firm feet again and to restore the poise of their nerves.

Unfit to Work. simply impossible, he cannot get away

simply impossible, he cannot get away, cannot afford the price.

But the time comes when he must pay the price, in one way or another. And if it is in the havoc that nerves can cause, then the price is pitiably dear.

The strongest feature, when nerves do their worst, is the quick turn about from "I can't" to "I must." Things that looked away beyond reach at the beginning

somehow are brought about, and the heal-ing rest that ought to have been taken when rest would count is called upon when it is too late to do much good. Men and women drop out, one by one, spend weary years and as much money as they can in trying to get back, when just a little time, a little money, or maybe none at all at the start, would keep

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The above all. The above allments are mainsul trees with mucoid and
catarrhal accretions, backing up polsonous fluids into
the stomach, and otherwise deranging
and many a morning the objects weather
land the digestive system.

foundation for galvanized wire over which
vines were trained. Large green tubs in
the corners contained many hardy annuals with vines and trailing plants at
the degs. All the house plants were
trong, backing up polsonous fluids into
the stomach, and otherwise deranging
and attention to keep the plants blooming and fresh during the bottest weather
and many a morning the owner rose at the stomach, and otherwise deranging the digestive system. Mayr's Wonderful Stomach Remedy is the Best and most widely known Remedy for these aliments and should quickly reflect an our the most chronic cases. Put it to a test. One dose will prove its great curstive powers. It exists like magic in the most chronic cases of Stomach, Liver, and Intestinate and continued to premit and continued to premit and continued to premit and continued to premit a dangerous operation. the cool of the evening she sat in her roof garden and enjoyed her flowers blooming in the heart of the city.

Cleaning Windows.

For sale in Washington by James
O'Donnell, Druggist, 906 F St. N. W. and water they will be brighter and stay and water they will be caped longer than if cleaned with water vor. Moire broaded ribbons with flo-slone. Polish in the usual way with soft ral backgrounds in rich tones, too, will

Sour Milk Uses.

Many women not knowing the true value of sour milk and cream throw it in the garbage pail. Sour milk and cream may be used in various ways. In making cottage cheese, muffins, waffes, griddle cakes, corn bread, &c., it is far superior to sweet milk or cream. A hair cup of thick, sour cream added to hash, chicken, veal, or beef loaf makes it creamy and unusually nice. Sour cream is superior to sweet for boiled dressings, salad dressings, and sandwich fillings, as it is for maple or any other kind of fudge or cream candy, or for layer cake filling.

Sour milk will remove mildew or perspiration stains from white or light goods, and will bleach brown muslin or linen beautifully. Why not save these useful articles instead of throwing them away? in making cottage cheese, muffius, waf-

Salt Pork Scramble.

Soak a pound of salt pork to freshen it. Drain it, cut it into pieces about an inch square; fry these in hot fat, move them about that they may be equally cooked. When they are almost done enough stir in with them from six to twelve well-beaten eggs, beat all quickly together. When the eggs are set turn the mixture upon a hot dish and send baked potatoes to table with it. If the pork gives out a good deal of fat while it is being fried, pour this off before dishing the meat. Time, a quarter of an hour; sufficient for four or five persons.

Creamed Baked Trout.

Clean the trout, put in pepper and salt and close them. Place the fish in the pan with just enough cream to cover the fins. Bake fifteen or twenty minutes.

Waxed paper is a good thing to wrap about articles of food before placing them in the refrigerator. It should also be wrapped about cheese and like edibles that must be kept in a dr

SERVICEABLE FROCK.



The blouse of this dress can be made either of two lengths or it can be orn outside the skirt in middy style

used to make this dress.

The pattern, No. 6150, is cut in sizes six to twelve years. Medium size requires 3½ yards of 44-inch material.

The above pattern can be obtained by sending 10 cents to the pattern department of The Washington Herald.

bons are richness of coloring and very large, bold patterns. Large designs, popples and orchids and roses, are

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No. 1. THE GRAND CANYON OF THE COLORADO.

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The human mind cannot grasp the magnitude and magic beauty of the Grand Canyon. Those who have not been there either don't understand or don't believe half they hear of it; those who have been there cannot describe it. One man who saw it was actually doubtful of its existence. When brought suddenly to the rim of what has been called the "Divine Abyss," he turned has head away, covered his eyes, and exclaimed, "I don't believe it is real!"

The Canyon has been cut out by the Colorado River in the course of a little matter of time like 20,000,000 years. The cutting has been done through horizontal layers of rock of various sorts and colors, one above the other. It is now from \$,000 to 7,000 feet deep, from 13 to 15 miles across, and about 200 miles long. It was known to the Indians, of course, from time immemorial. The Spaniards saw it, and rumors floated East concerning it early in the last century. Maj. Powell, heading a government exploration and scientific knowledge. In 1910 a group of artists, including Mr. Moran, visited the Canyon. The mewcomers caught the "Canyon green," and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or and they are painting it in one way or the canyon. ing it early in the last century. Maj. Ing Mr. Moran, visited the Canyon. The Powell, heading a government exploration party, came through the Canyon in '69. He found it hard to make people understand the character of the Canyon and they are painting it in one way or another today. But the Canyon is still at large. It will not be confined to can—and why not? The Indians who had known it so long viewed it with awe. The air is so clear that the camera stood on its brink prayerfully, and explored it with worshipful reverence. They made a trail down to the depths. There is no way to compass the wonplored it with worshiptul reverence. They made a trail down to the depths, by the Colorado River, and spent their winters on the lowest plateau. It was warmer there. The old Indian gardens are rich and fertile. Some time along in the 70°s, a wanderer from farther North, John Hance by name, went to the Canyon. Coming from Missouri, he was curious and "wanted to know." He never left the Canyon; and now, an old man, he lives at the rim of it in summer and in the lower levels in winter. Some think that Hance, living for so many years in what is called "the awful hush of the Canyon," should be dumb. But he is not—far from it! He can tell you how the Canyon came to be, and he can point out the great architectural structures carved out by the river, and structures carved out by the river, and

There is no way to compass the won-der of it. Against painter, poet, photo-grapher, and traveler it opposes a calm, sublime, inscrutable, eternal silence.

Every day a different human in-terest story will appear in The Berald. You can get a beautiful intaglio reproduction of the above picture, with five others, equally attractive, 7x0½ laches in size, with this week's "Mentor." In "The Mentor" a well-known su-thority covers the subject of the pictures and stories of the week. Readers of The Herald and "The Mentor" will know Art. Literature, Mentor" will know Art, Literature History, Science, and Travel, and own exquisite pictures. On sale at The Herald office. Price, 10 cents. Write today to The Hernid for

Silk Suggestions Made Over the Remnant Table

tell you the names that have been given them. Hance lived there during the years in which a visit to the Canyon was like ploneering. In 1897 twenty-three

this season, and when selecting your An attractive telephone memoran-remnants choose those woven in a tapestry design. The dull, rich tones, improvement over those usually in

A prestly scrapbasket is an addition to any part of the house, and when covered with tapestry brocade is particularly decorative.

From strong, flexible cardboard cut a button for the basket—square, hexagonal, or rectangular, as the taste dictates. Cover this first with a layer of cotton wadding, and over this place he dapestry brocade. Une Over-and-Over Stitch.

Using an over-and-over stitch, with strong thread sew each section to the base and then join the sides. Purchase gilt braid at the upholstery depart-ment and bind each seam. This pro-duces an artistic finish which removes any homemade appearance the basket may have.

may have.

A portfolio in which to place stationery is extremely lovely if covered with tapstry brocade. From flexible carboard cut two rec-

tangular pieces of equal dimensions and cover with cotton wadding. Using

in Lucile Kimball, a married woman past middle age. attacked by obesity for years, finally contributed in the floor, cut down my food, gave up sweets, fast, and starches, wore elastic clothing, tried electricity, masage, osteopathy, vibration, hot and vapor and stands are the state of the s

You Must Not Send Any Money!

Above all else, if you want the Heme Obersity Treatment of mine, write at once. But—don't send a penn, I will return it. I want to tell you what this Home Obersity Treatment is, how it works. I wan you to be able to use if in your own home or boarding house on the train-visiting-shyders. Nobody home or boarding house on the train-visiting-shyders. Nobody home or boarding house of the instruction of the characteristic of the characteristic in the control of the pillow with deep linen fringe.

Newest Theory of the pillow of the pillow with deep linen fringe.

Aluminum thread is the newest thing for crocheting handbags, and it has the advantage of not tarnishing. The effect is soft and lustrous, and it is just the thing to go with the grays that have so important a place in this season's continues.

Largest Morning Circulation.

Since the Easter holidays the remnant counters are crowded with odd
lengths of attractive silks. From
these many lovely articles can be made
to ornament the home. Some of these
to ornament the home. Some of these
turning in all around. Whipstitch the
stricles are very practical, too, such
as a scrapbasket, a portfolio or a telephone memorandum, and not difficult
to make, if the following "hints" are
to hold the paper and envelopes in phone memorandum, and not difficult at the fall of the interfor to make, if the following "hints" are followed:

Brocaded silks are especially favored portfolio is completed.

frequently showing an outline of metal threads, harmonize with any color scheme introduced in your room.

A pretty scrapbasket is an addition to any part of the house and the outer covering with narrow grav ing with narrow gray satin ribbon. Cut two pieces of cardboard the size of the cover and over these whipstitch the tapestry brocade. Attach gold braid to the back for managing the memorandum.

Lovely Work Basket.

From the same material is made lovely work hasket in this manner: Cut a circular piece of cardboard the desired size and cover with cotton wadding. Over this place the brocade and whipstitch the two pieces together.

From cardboard cut a strip the length of the circumference of the circle and as wide as you desire the bas-ket to be deep. Over this place the cotton wadding and then the covering of brocade. With strong thread join the strip to the circle and finish the top and bottoms with gilt braid.

Take a straight strip of cardboard and cover the brocade, outlining the edge with braid. Join this at both sides of the basket to form a handle



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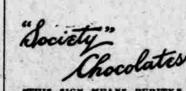


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